

Weekly Diabetes Update

01/25/08

1. National Wear Red Day - February 1, 2008

Please go to the following link to see how you can support this day when Americans nationwide will wear red to show their support for women's heart disease awareness: <http://www.nhlbi.nih.gov/health/hearttruth/wrd/index.htm>.

2. Funding Opportunities

- *Small Grants for Projects Designed by Women and Girls.* The Open Meadows Foundation provides support to small and start-up nonprofit organizations for projects that benefit women and girls. Specifically, the Foundation supports projects that reflect the diversity of the community served, and projects that promote racial, social, economic, and environmental justice. Priority is given to projects designed and implemented by women and girls, which have encountered obstacles in their search for funding. The Foundation provides grants of up to \$2,000 to cover start-up expenses or to support ongoing projects. Application deadlines are February 15 and August 15 of each year. For more information go to the Open Meadows Foundation's website at <http://www.openmeadows.org/>.
- *Ronald McDonald House Charities (RMHC) Announces Deadlines for Grants to Aid Children.* RMHC provides grants to nonprofit, tax-exempt organizations whose national or global programs help improve the health and well-being of children. Programs that focus on a specific community or area should submit grant requests to a local RMHC Chapter. The deadlines are April 28, 2008, and September 8, 2008 (Letters of Inquiry). Go to http://www.rmhc.org/search_cm/ to search for a chapter. For a copy of the application see <http://www.rmhc.com/grants/#apply>.

3. Community Projects to Fight Diabetes Receive Funding

- To assist coalitions throughout the U.S. in implementing and evaluating models for improving diabetes care at a community-level, the non-profit National Business Coalition on Health (NBCH) announced the recipients of its first NBCH Diabetes Seed Grant Program. The program for NBCH member coalitions – intended to support the initial stages or further existing diabetes quality programs – was launched with funding from pharmaceutical companies. Read more in the online press release at <http://www.prnewswire.com/cgi-bin/stories.pl?ACCT=104&STORY=/www/story/01-18-2008/0004738904&EDATE>.
- As part of its diabetes strategy, the Government of Canada today announced over \$493,000 to support eight projects in the areas of diabetes prevention, early detection, and screening in Ontario and Atlantic Canada. Learn more about the diabetes projects funded in the online press release at <http://www.marketwire.com/mw/release.do?id=812939>.

4. **The Costs of Diabetes**

The American Diabetes Association's (ADA's) new estimates of the costs of diabetes in America for 2007 are available today. The figures have been separated by medical costs as well as lost productivity costs. The ADA press release includes a link to the webpage where you can find cost estimate breakdowns by state. Read the ADA press release online at <http://www.diabetes.org/for-media/pr-devastating-toll-of-diabetes-reaches-174-billion-012308.jsp>.

5. **“Dying To Be Thin: Diabetic girls skip insulin to lose weight”**

The Toronto Star reports on a life-threatening behavior practiced by some young women with diabetes: not taking their insulin so they can lose weight. Such risky actions can lead to diabetic coma as well as the early onset of eye, nerve, and kidney damage. Read more in the article online at <http://www.thestar.com/living/article/296030>.

6. **Diabetes Research News**

- In an article published in the Journal of American Medicine (JAMA), Australian researchers present the results of their study, which indicates a high percentage of obese patients with type 2 diabetes who underwent bariatric surgery (e.g., gastric bypass or stomach banding) had their diabetes go into remission after two or more years. The full text of the JAMA article can be found at <http://jama.ama-assn.org/cgi/content/full/299/3/316>. A separate article from the Associated Press (AP) covering the JAMA findings can be accessed on the AP website at http://hosted.ap.org/dynamic/stories/D/DIABETES_OBESITY_SURGERY?SITE=SCFLO&SECTION=HOME&TEMPLATE=DEFAULT.
- Canadian researchers have discovered specialized T-cells lose their effectiveness over time in some people, leading to the onset of type 1 diabetes. T-cells suppress and regulate the body's immune responses, but in type 1 diabetes the body's own immune system attacks and destroys insulin-producing islet cells in the pancreas. Read more from the United Press International article online at http://www.upi.com/NewsTrack/Science/2008/01/22/study_finds_waning_t-cells_cause_diabetes/8627/.
- E. coli and certain other foodborne illnesses can sometimes trigger serious health problems months or years after patients survived that initial bout. Scientists are investigating increased cases of high blood pressure, kidney damage, and diabetes—among other health problems—that are occurring in people who have survived food poisoning. Read more in the Associated Press article online at http://hosted.ap.org/dynamic/stories/H/HEALTHBEAT_FOOD_POISONING?SITE=SCFLO&SECTION=HOME&TEMPLATE=DEFAULT.
- A new gadget can help the person with diabetes check for foot ulcers, to help avoid further complications such as amputation. A special thermometer measures the temperature on the soles of a patient's foot to warn of ulcers that are brewing. For more information see the Associated Press article posted at http://hosted.ap.org/dynamic/stories/H/HEALTHBEAT_HOT_FEET?SITE=SCFLO&SECTION=HOME&TEMPLATE=DEFAULT.

7. Free Online CME Programs - Content Captured Live from 67th Scientific Sessions

The American Diabetes Association is pleased to announce the availability of two online CME programs designed for diabetes healthcare professionals and educators. These are available **October 19, 2007 through October 19, 2008** at www.DiabetesConnect.org

▪ **Insulin and Oral Hypoglycemic Agents: Determining the Proper Combination –**

This program includes 13 separate activities that focus on:

- The gap that exists between current oral hypoglycemic and insulin treatment regimens and the attainment of optimal blood glucose levels.
- The effectiveness of aggressive treatment regimens in helping patients obtain their desired glycemic goals, especially with the use of innovative therapeutic treatment options now available

Methods for clinicians and patients to receive the education needed to properly incorporate an aggressive therapeutic regimen into a daily diabetes care plan.

▪ **Progressive Approaches in the Treatment of Type 2 Diabetes: Indications and Innovations –**

This program includes ten separate activities that focus on:

- The gap in current treatments of type 2 diabetes
- Present and future therapies to correct incretin abnormalities
- Research studies involving agents that are members of these innovative drug classes
- The potential role of these innovative agents in the management of patients with type 2 diabetes

Continuing education credits are available for physicians, podiatric physicians, nurses, pharmacists, dietitians, diabetes educators, and other health care professionals.

8. SAVE THE DATE: American Diabetes Alert Day

March 25 is American Diabetes Alert Day, a day devoted to raising awareness about diabetes, spreading the word about who is at risk and identifying those who may be at risk but don't know it. The National Diabetes Education Program (NDEP) will recognize the day by promoting the Small Steps, Big Rewards: Prevent type 2 Diabetes campaign, helping those with pre-diabetes take steps to lose weight and lower their risk for developing type 2 diabetes while there is still time to prevent it from developing. For additional information, log on to the website at: www.ndep.nih.gov/campaigns/SmallSteps/SmallSteps_index.htm.

9. ADA Diabetes Camps

It's never too early to begin thinking about summer camp for your child. The American Diabetes Association (ADA) is the largest provider of camps for children with diabetes in the world. Diabetes Camp is a great way for children and teens to meet others with diabetes, have fun, and learn more about diabetes management. Learn more about ADA's diabetes camps at <http://www.diabetes.org/communityprograms-and-localevents/diabetescamps.jsp>.

10. Senior Journal Article on ADA's 2008 Clinical Practice Recommendations

Check out the on-line article in Senior Journal related to diet changes and the ADA "Standards of Medical Care in Diabetes—2008" at <http://www.seniorjournal.com/NEWS/Health/2007/7-12-28-BestDiet.htm>.

11. “World News” from American Diabetes Association

Check out the news articles from ADA on issues such as blood glucose control, low-carb diets, and the benefits of statins at

http://www.diabetes.org/indiabetestoday.jsp?WTLPromo=ENEWS_CON_diabetestoday.

You can sign up for World News or other e-newsletters from ADA at

http://main.diabetes.org/site/PageServer?pagename=EM_signup.

12. Science of Improvement: Accelerating Your Capacity to Change

Do you have a desire to improve care systems, but need a roadmap to guide your improvement journey? Whether you're new to the science of improvement, or simply want to strengthen your already foundational improvement skills, **The Science of Improvement - Accelerating Your Capacity to Change** seminar with **Robert Lloyd, PhD** and **Richard Scoville, PhD** is perfect for you! This two-day course, scheduled for **April 10th-11th, 2008**, in **Chicago, IL** will provide you with the hands-on learning required to gain a firm grounding in the concepts, tools, and methods needed to plan and execute an effective quality improvement journey. This seminar is ideal for those who wish to accelerate their ability to create an environment for change and is a great way to get new employees up to speed with the quality improvement work already in under way at your organization. For more information, or to enroll, please visit

<http://www.ihl.org/IHI/Programs/ConferencesAndSeminars/ScienceofImprovementApril2008.htm>.

13. Health, United States, 2007

This publication was released on January 11, 2008, on the NCHS website. The 31st annual report card on the nation's health includes a special chartbook section focusing on access to care, which shows that nearly 20 percent of adults reported that they needed and did not receive one or more of the following services in the past year—medical care, prescription medicines, mental health care, dental care, or eyeglasses—because they could not afford them. In addition to the chartbook, the report includes over 150 detailed tables presenting trends on health status and health care utilization, resources, and expenditures. The report can be accessed on the NCHS website at <<http://www.cdc.gov/nchs/hus.htm>>.

14. Global Youth Tobacco Surveillance, 2000--2007

Tobacco use is a major contributor to deaths from chronic diseases. The findings from the Global Youth Tobacco Survey (GYTS) suggest that the estimate of a doubling of deaths from smoking (from 5 million per year to approximately 10 million per year by 2020) might be an underestimate because of the increase in smoking among young girls compared with adult females, the high susceptibility of smoking among never smokers, high levels of exposure to secondhand smoke, and protobacco indirect advertising. Read more from the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report (MMWR) online at http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5701a1.htm?s_cid=ss5701a1_e.

15. Improving Health Literacy

The proceedings of the 2006 Surgeon General's Workshop on Improving Health Literacy are now available on the Surgeon General's Web site at <http://www.surgeongeneral.gov/topics/healthliteracy/toc.htm>. Check out the Executive Summary...these might be the kind of recommendations that you can use in making a point about increasing health literacy within your own organization and securing funding to do so! (Steven P. Geiermann DDS, Captain, U.S. Public Health Service)

16. Sharing Information with Our Stakeholders

If you have an announcement you would like to include in a future Weekly Diabetes Update, feel free to email Missouri Diabetes Prevention and Control Program staff at DiabetesMO@dhss.mo.gov with your submission. Submissions received by Wednesday at 5:00 p.m. will be considered for that week's issue of the Update. Feel free to contact the Missouri Diabetes Prevention and Control Program with any questions, using the email address noted or the toll-free phone number 800-316-0935.

If you have something that you would like to go out to our "Weekly Diabetes Update" stakeholders list outside of the regular update, please send the message directly to us and we will be happy to send it to all. If it is not clear to us why you want it sent separately instead of with the update, we'll contact you to discuss it.